Sandpoint West Athletic Club presents

PUMPKIN POWER MEET
Saturday, November 13, 2010

Date/Times: Saturday, November 13, 2010. Warm-up starts at **9:00**, and the meet starts at **10:00 a.m.**.

Location: Sandpoint West Athletic Club, 1905 Pine St., Sandpoint, ID. The facility houses a 25 meter, 6 lane pool with locker rooms.

Sponsor: Sandpoint West Athletic Club Masters of the Hydropower Masters Swim Club. Sanctioned by Inland Northwest Masters Swimming (IWMSC) for United States Masters Swimming, Inc. (USMS): sanction number 03501113.

Eligibility: All swimmers must be currently registered with USMS (or FINA affiliates). Registrations can be completed online at www.usms.org/reg or at the meet.

Rules: All current USMS rules will apply. Certified stroke and turn judge will be present. Please consult the 2010 USMS Rulebook for proper stroke and turn rules (online at www.usms.org/rules/.) Events will be seeded from slow to fast.

Conduct of the meet: Each participant may swim five individual and three relay events.

Deadlines: All early entries must be postmarked by November 6, 2010. Incomplete or late entries will be treated as "deck entries". **All deck entries must be in before 9:00a.m. for timely seeding of the meet.** Relays are due by 10:00 a.m.

Fees: $20 for entries sent before November 6; $30 for "deck entries." Make checks payable to IWMSC. Cash will not be accepted with entry forms or at the meet.

Relays: Submit relay cards to the clerk of course by 10:00 a.m. Individuals must be signed up with the club they represent in order to have their relay points count for that club. Age groups will be aggregate age of the swimmers: 72-99, 100-119, 120-159, 160-199, etc. 40 year increments as high as necessary.

Awards: First-third place ribbons will be available free of charge.

Directions: Follow Hwy 95 north into Sandpoint to the traffic light at 5th and Cedar. Continue west on Cedar ~9 blocks to Division St. Turn left, then go 3 blocks to Pine St. Turn right and go ~1/3 mile to Sandpoint West Athletic Club (1905 Pine St.).

Postmarked by:	November 6, 2010
Mail Entries to:	Robin Helm
	1195 West Oden Bay Rd.
	Sandpoint, ID 83864
Entry fee:	$20.00 prior to November 6
	$30.00 for deck entries
Checks payable to:	IWMSC

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Name_____   ○ Male ○ Female   Birthdate _____   Age _____

Address _____ City, State, Zip _____

Phone _____   Email _____   USMS # _____   Club/Team _____

Please enter events using Meter seed times (NT if none) ● Maximum of 5 Individual Events (3 Relay Events entered at meet)

1) 400 M Ind. Medley _____
2) 800 M Freestyle _____

Second Warm-up at Approx. 10:45 a.m

3a) *200 M Freestyle Relay*
3b) *200 M Mixed Freestyle Relay*

10 Minute Break

4) 50 M Freestyle _____
5) 100 M Breaststroke _____

6) 200 M Backstroke _____
7) 50 M Butterfly _____
8) 200 M Ind. Medley _____
9a) *400 M Freestyle Relay* ____
9b) *400 M Mixed Freestyle Relay* ____

10 Minute Break

10) 100 M Freestyle _____
11) 200 M Breaststroke _____
12) 50 M Backstroke _____
13) 100 M Butterfly _____

14a) *200 M Medley relay* _____
14b) *200 M Mixed Medley relay* ____

10 Minute Break

15) 200 M Freestyle _____
16) 50 M Breaststroke _____
17) 100 M Backstroke _____
18) 200 M Butterfly _____
19) 100 M Ind. Medley _____
20) 400 M Freestyle _____

Signature:_____ **Date:** _____